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Southwest Center
FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

Monthly Safety Blast

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

February 2018

Heart Healthy Month

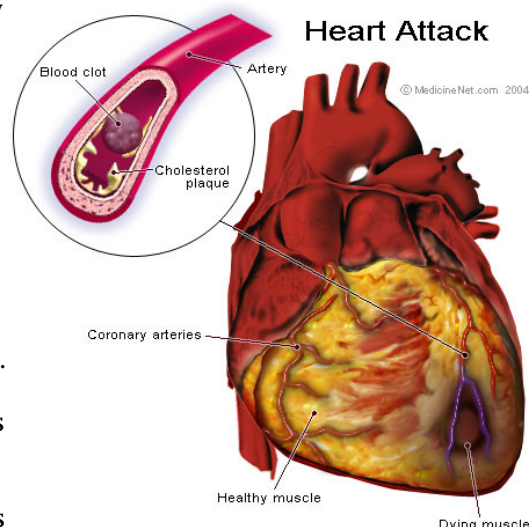
Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

Farmers in the United States suffer disproportionately from certain chronic diseases and impairments, including coronary heart disease/ cardiovascular disease.

Heart Attack Symptoms

Symptoms of a heart attack or myocardial infarction can vary greatly from person to person, but in order to help you identify a possible heart attack, we have listed some of the most common symptoms below:

- Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.
- A person with angina (temporary chest pain) may begin to find that it takes less and less physical activity to trigger the pain. Any change in the pattern of angina should be taken very seriously and brought to the attention of your physician.
- During a heart attack, a person may feel pain in the middle of the chest which can spread to the back, neck, jaw or arms. The pain may also be felt only in the back, neck, jaw or arms rather than the chest.
- A person having a heart attack may have gas-like pain or pressure in the stomach area which is often mistaken for indigestion. The pain is similar to angina, but it is usually more severe, longer lasting and does not improve with rest or a nitroglycerin pill.
- It is important to note that approximately 1 out of every 3 people who have heart attacks do not feel any chest pain. Many of these are



women, non-Caucasian, older than 75, have heart failure or diabetes or have had a stroke.

- A person may experience nausea & vomiting which are sometimes mistaken for food poisoning or the stomach flu.
- Lightheadedness or dizziness can occur as well, get away from objects that may cause injury if a fall occurs.
- Shortness of breath, especially in older people or people that suffer from respiratory disorders.
- One may have feelings of restlessness, sweatiness, anxiety or a sense of impending doom before an episode happens.
- Check for bluishness of the lips, hands or feet if a person complains of any symptom already mentioned.
- A person may experience heavy pounding of the heart or abnormal heart rhythms.
- Loss of consciousness, **this can be the first symptom of a heart attack!**
- Disorientation resembling a stroke may occur in older people.
- Also, older people, especially women, will often take longer to admit they are not well and to request medical assistance.

Know your symptoms!!! Get help as soon as you can, don't become another statistic!!!

[A Visual Guide to a Heart Attack](#)



Take the [Heart Healthy Month](#) quiz to test your knowledge!

Resources:

- <http://www.heart.org/HEARTORG/>

- <https://www.theheartfoundation.org/heart-disease-facts/about-heart-disease/>
- <https://www.webmd.com/heart-disease/ss/slideshow-heart-attack>

Disclaimer: The facts and information listed above are merely suggestions for your safety, but are in no way a comprehensive and exhaustive list of all actions needed to insure your safety.

*Monthly Blast written by our Outreach Education Coordinator,
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Sharing is caring!



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Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education. For more information, contact us at 903-877-5998 or by email to agcenter@uthct.edu.

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